

Enjoy peace of mind. SDART preparing today.

Conquering the instinct to run

During earthquakes, many people's fight/flight instinct urges them to *run!* – even when they know they should “drop, cover, hold.”

Studies show that people in our country tend to be hurt by falling objects, not collapsing structures. If you are on your feet trying to move, you are in danger from toppling bookcases, breaking windows, flying dishes, falling televisions, collapsing fireplaces, or shifting furniture. Safety comes from quickly getting **under** or **beside** something that is taller than you are.

You and your loved ones can learn to resist the instinct to run by *knowing* where safe places are in each room of your home, and by *practicing* getting to them.

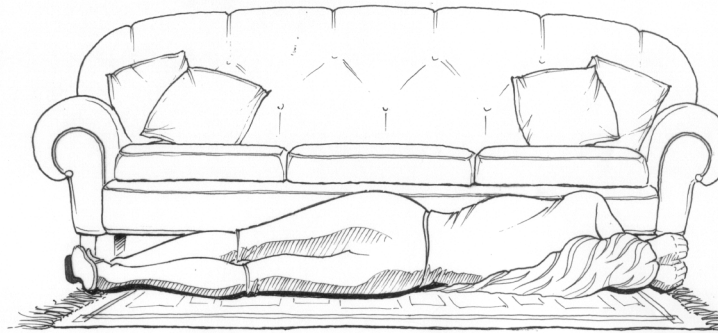


2. Hold *Earthquake Drills* to practice taking cover in your safe places.

Regularly call out “earthquake!!” Allow everyone time to react. Then, come together and discuss where each of you went, and why it was or was not the safest place to go.

Key to Success: Practice, Practice!

Practicing is what helps ensure you will quickly move to your safe place instead of responding to the instinctive urge to run.



Practicing being safe

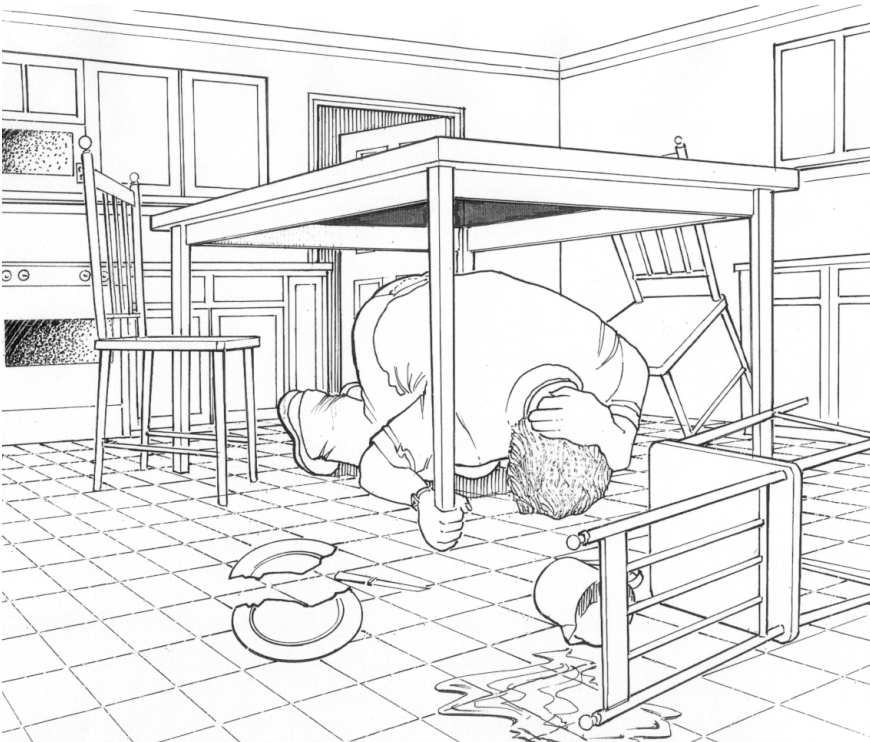


1. Choose a safe place to go in *each* room and practice quickly moving to that safe place in the:

- bedrooms
- bathroom
- living room
- play room
- kitchen
- garage

Safe places include:

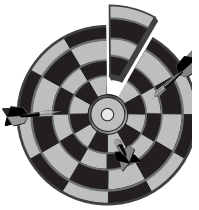
- **under** a sturdy table or desk
- **beside** a sofa
- **beside** a bed
- **under** a work bench



Learn to resist the instinct to run.

Regularly practice:

- Drop – **under** or **beside** something sturdy and taller than you are
- Cover – the back of your head and neck with one arm
- Hold on – in case the thing you're under or beside moves
- Close your eyes – you'll do better psychologically if you don't watch, and you'll protect your eyes



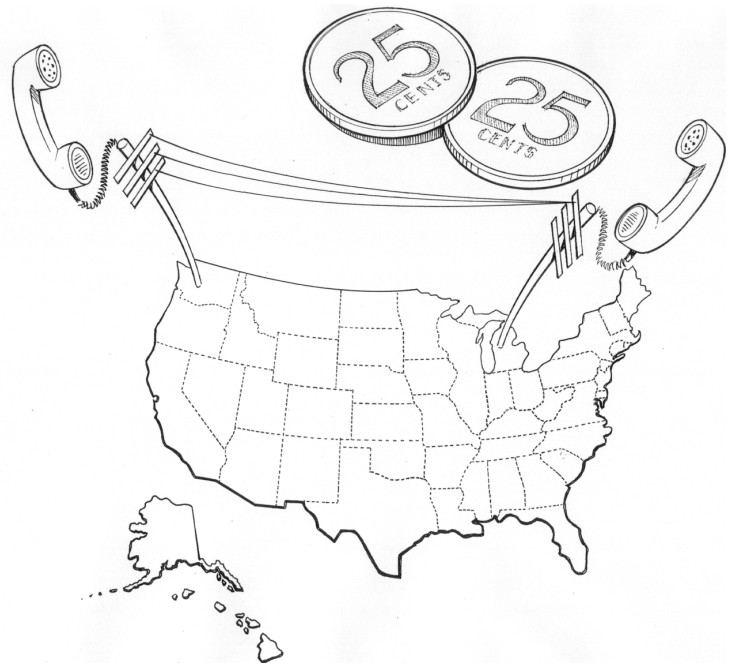
Contacting loved ones after disasters

- ☐ 3. Ask an out-of-area friend to be your contact person. This person should live at least 100 miles away from you. See *Did You Know* to find out why you can make long distance but not local calls.

Out-of-area contact:

Phone number:

After a disaster, all household members call this person to tell her or him how they are, and to find out how other household members are.



- ☐ 4. Make small cards with this person's name and phone number for all family members to carry in their wallets, purses, or backpacks.

City of Seattle SDART	Out-of-Area Contact
NAME _____ name of person living at least 100 miles away	
Contact's phone #'s: _____ daytime / work residence	
Fire Meeting Place _____ near our home	
Disaster Mtg. Place _____ in case we cannot get home	

Did You Know

- Phone lines were "hardened" years ago to withstand nuclear attack and are quite resistant to damage. It's difficult to make local calls not because of damage, but because of the number of people trying to call at the same time. Typically, however, you can make long distance calls.
- One reason the local phone system shuts down during earthquakes is because handsets get knocked from their bases. Help restore local phone service by making sure all your phones are hung up.
- You should keep a phone that does not require electricity. Cordless phones use electricity! - if power is out, they will not work.
- Pay phones are part of the emergency services network, and are a priority to be restored to service. Tape the coins needed to use a pay phone to your out-of-area contact card.